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ROYAL EATS {page 13}
& WEDDING TWEETS:
metronews.ca/royalwedding

DID TRUMP GO TOO FAR? ONE INSIDER THINKS SO

{page 12}

YOUR CHANCE TO WIN!

See below for details

WINNIPEG metro®

Weekend, April 29-May 1, 2011
www.metronews.ca
News worth sharing.

Rallies. Colliding

▶ The granddaughter of a Manitoba man who died in an accident at the Wuskwatim Dam work site last week pauses to look at a protest over the killing of seals by animal activist group PETA Thursday afternoon.

JAMES TURNER/METRO

Protest groups cross paths

Safe Workers of Tomorrow were on their way to the legislative grounds Thursday when their rally collided with PETA's protest on Broadway.

City workers charged with drug crimes

Case returns to court May 26 Lawyer appears in court on couple's behalf Woman still on administrative leave: Police

JAMES TURNER
@METRONEWS.CA

Two City of Winnipeg employees — including a civilian member of the Winnipeg Police Service — who were arrested after a recent marijuana grow-op bust have been formally charged with drug-related crimes.

A lawyer for Deborah Ann Streilein, 54, a data entry clerk for the WPS, and Randolph Streilein, 54, a Winnipeg Transit bus driver, appeared on their behalf in court to speak to their charges for the first time.

Metro spoke briefly yesterday with a man and a woman leaving a Templeton Avenue residence that the Streileins registered with the court as their home address.

While initially the woman admitted she was Deborah Streilein, upon hearing of a reporter's reason for the visit, she refused comment.

"It wasn't us," the mid-50s-looking woman said.

"We don't want to make no comments," added the burly man sitting in the passenger seat.

He was wearing a trademark Winnipeg Transit fleece worn by many bus operators.

The Streileins are each suspected of drug-trafficking after internal police investigators raided a West Kildonan home in February and said they seized a number of pot plants, pounds of already-packaged weed and a small amount of cash.

Police said Deborah Ann Streilein remains on administrative leave. A spokesperson couldn't say how long she has been employed by the WPS.

The affidavit used to obtain the search warrant for the home police searched has been sealed and was not available for viewing.

A spokesperson for Winnipeg Transit refused comment on policy regarding employees charged with crimes.

On May 2nd

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THE COUNCIL OF CANADIANS LE CONSEIL DES CANADIENS

1 news

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On the web at metronews.ca

Go backstage at The Lion King with puppet master Michael Reilly as he shows off his 230 creatures. Video at metronews.ca

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Two more arrested in stabbing death

Two teens, one only 13 years old, were arrested Wednesday in the stabbing death of Sheila Fontaine.

The two girls were picked up on the street, the 13-year-old on Manitoba Avenue and the other, 17, on McGregor Street.

Winnipeg Police Service Const. Natalie Aitken said both girls were arrested without incident and have been charged with manslaughter. Last week, police arrested and charged Teya Wynter Spence, 18, with manslaughter after Sheila Fontaine, 42, was stabbed outside a Selkirk Avenue hotel. She later died in hospital. METRO

Police catch attacker

Police are crediting quick-thinking witnesses for preventing the sexual assault of a young Winnipeg woman. Winnipeg Police Service Const. Natalie Aitken said the woman, 18, was in the parking lot of a hotel on Notre Dame Avenue Wednesday at 1:30 a.m. when she was confronted by a man. After brief conversation, said Aitken, the man allegedly began choking the woman and forced her to the ground. Police discovered the man on top of the woman. When the man spotted officers, he tried to run, but was quickly chased down and arrested. METRO

Road. Rift

▶ A woman in a neck brace is attended to after a morning accident on Portage Avenue.

ELISHA DACEY/METRO

Accident slows morning drive

An accident just before 9 a.m. briefly snarled morning rush-hour traffic on Portage Avenue Thursday. Winnipeg first responders and police were on the scene of a two-vehicle accident at the corner of Portage Avenue and Basswood Place, where it appeared a grey car and a red van had collided.

Family pleads for justice in slaying

Victim of sneak attack shot in head and heart ◐ Crown seeking adult sentences for teen killers

JAMES TURNER
@METRONEWS.CA

There was an outpouring of grief in a Winnipeg court yesterday as relatives of a man shot at point blank in broad daylight near children who were playing told a judge how his murder has rocked their family.

Sentencing hearings resume today for two street gang members, who as teens shot and killed dad of two Thomas Roy Phillips, 38, as he sat in his parked Jeep on a North End street on the afternoon of March 26, 2007.

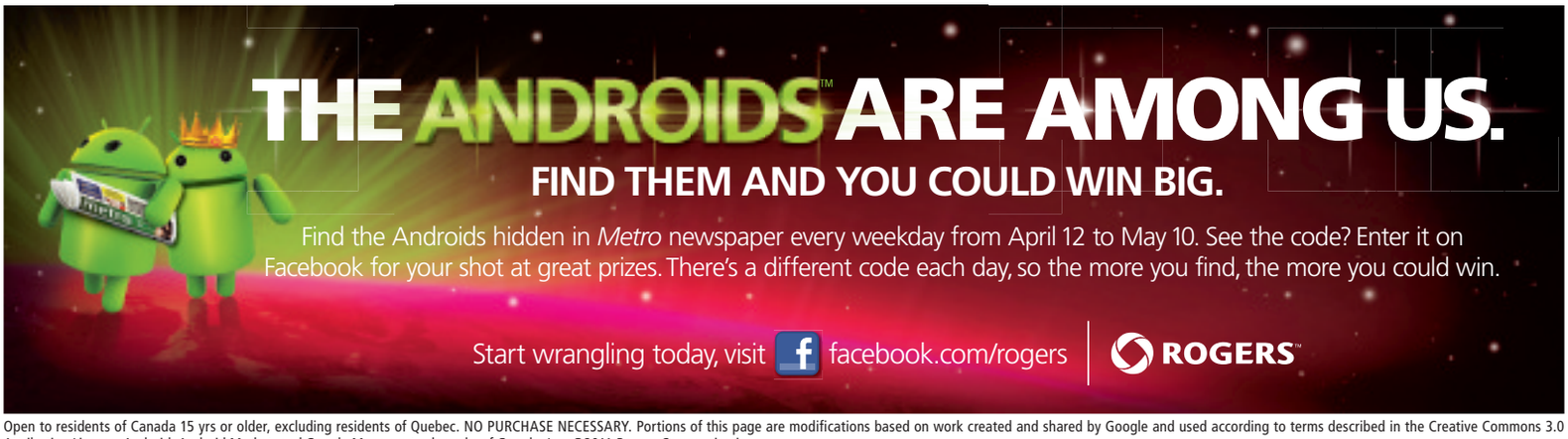
"Tom was a father, a brother, a son, a husband and for some, was a friend like no other," Phillips' widow, Rebecca Begg, told Justice Deborah McCawley.

"Tom did not deserve to die the way he did."

"Please," Begg tearfully pleaded, "Help us get the justice we've waited so long for," she added.

The teen gang members who pulled the triggers are facing stiff sentences after being convicted last fall of first-degree murder following a jury trial. They cannot be identified because they were charged as youths.

If Manitoba Justice wins adult sentences, the teens could serve extended prison sentences and will be supervised by parole officials for the rest of their lives.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Assiniboine flood rare: Forecaster

The flood currently swamping farmland west of Winnipeg has been officially labelled a one-in-70-years event.

Province of Manitoba flood officials told media Thursday the flooding along the Assiniboine River at Portage la Prairie happens only once in 70 years.

By contrast, flooding along the Red River is a one-in-25-years event.

The Assiniboine River is running at one-and-a-half times or more the volume of the 1976 flood, which was one of the most devastating on record for western Manitoba.

The Portage Diversion, similar to the Red River Floodway, has been operating at maximum capacity for several days. Similarly, the Shellmouth Reservoir has reached capacity and spilled over Wednesday.

Provincial officials said both the Red and Assiniboine rivers are expected to crest on Saturday.

Despite both rivers cresting at the same time, Emergency measures minister Steve Ashton told the legislature the Red is expected to crest between 20.4 feet and 21.3 feet, below the levels of the 2009 flood.

The Assiniboine is the Red's largest tributary. It is being fed by record-level waters from smaller tributaries, including the Souris River, which has crested at record levels.

ELISHA DACEY

75: Highway 75 is closed from south of Morris to St. Jean Baptiste due to high waters.

Arson task force investigating fire

The Winnipeg Police Service's Arson Task Force is investigating a suspicious fire on Polson Avenue.

Officers on patrol with the Canine Unit noticed smoke in the air Thursday morning around 2:30 a.m. and followed the trail to a vacant home in the 300 block of Polson Avenue.

First responders extinguished the fire and damage is estimated at $15,000.

The investigation continues.

ELISHA DACEY

For more news, visit metronews.ca/winnipeg

Undecided voters post multiple election signs

MORGAN MODJESKI/FOR METRO

▶ Julius Montero stands outside his home in Winnipeg Centre.

The reason for competing lawn signs not as obvious as you think

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

Driving through Winnipeg Centre, it's hard not to notice several homes have not one, but two (or more) federal election campaign signs on their lawn.

While most would assume that means conflicting political spouses or family members, some say they have multiple signs because they don't yet know whom they're going to vote for.

"I know that Pat Martin is running in this area, I don't know (much) about Bev Pitura yet but maybe I could get to know them before I vote," said Anna Gonzales, who sported both NDP and Conservative campaign signs on her lawn.

Others run multiple signs simply to let neighbours know who is running in their riding.

"It's important to know the candidate and it's important for people to have the background," said Julius Montero, who has a Liberal and Conservative sign posted on his fence.

David Janssen, who had clashing signs with the house beside his, said he didn't usually discuss politics with his neighbour, but said posting a sign is important to him as it can lead to friendly debate.

"It's very relevant," said Janssen. "I know people, family and friends will be like, 'oh, you're supporting this guy?' And then I can explain to them my reasons."

Canadians go to the polls Monday.

ELISHA DACEY/METRO WINNIPEG

▶ A pile of burned pallets sit at the back of a west Winnipeg Walmart.

'Business as usual' at Walmart

A Walmart employee said it's "business as usual" Thursday morning after a fire at the store Wednesday.

A fire broke out behind the Portage Avenue store Wednesday afternoon, spewing thick smoke into the sky before spreading to the store's stockroom at the back. Damage is currently estimated at about $300,000, said the employee, with damage to the back room door, roof and merchandise.

There were no injuries. Police said the fire was being treated as suspicious.

Thursday morning, shoppers were back inside, while crews were cleaning up the mess of charred pallets and boxes behind the store. The store is currently being renovated.

ELISHA DACEY

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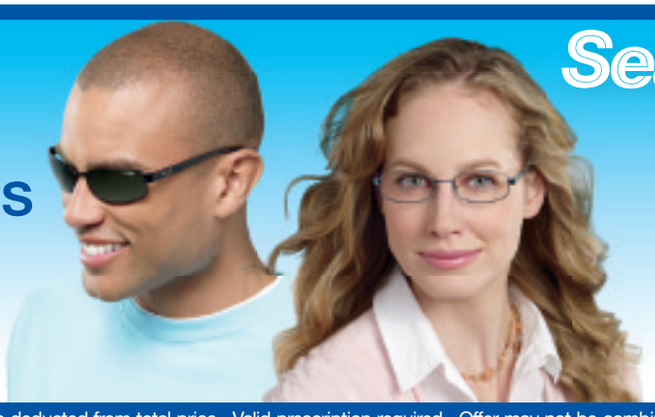

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SMILING JACK

Jack's grin has rivals pouncing

Something about Jack Layton's smile has his rivals grinding their teeth.

First Stephen Harper and now Michael Ignatieff have accused the NDP chief of being all grin and no gravitas.

Confronted by polls suggesting the New Democrats have surged to second place and are closing on Stephen Harper's Tories, Ignatieff told a campaign rally in Quebec City Thursday that Layton's policies don't pass muster.

"He has a lovely smile," Ignatieff said. "But no one has put Mr. Layton under a microscope."

At a rally in St. Catharines, Ont., this week, Harper brought up the 1970s when the Liberals and NDP joined forces in Ontario to form a coalition government and unseat the Progressive Conservatives.

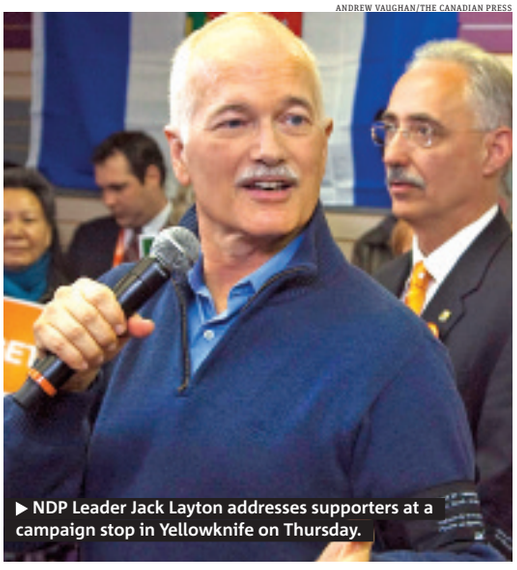
"It matters very much who is making the big decisions ... sometimes tough decisions," Harper said. "They're not all easy decisions. They're not all smiles and snake oil."

THE CANADIAN PRESS

1,100 NDP campaign officials say the number of donors offering $1,100 or more has doubled in recent weeks.

Quebec, women cause shift: Poll

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ NDP Leader Jack Layton addresses supporters at a campaign stop in Yellowknife on Thursday.

- Tories have five-point lead on NDP
- Liberals stay strong in Ontario

Election 2011

A new poll suggests the high-flying NDP have indeed soared past the Liberals and closed in on the Conservatives.

The Canadian Press Harris-Decima survey puts Jack Layton's party solidly in second place, just five percentage points behind the Tories.

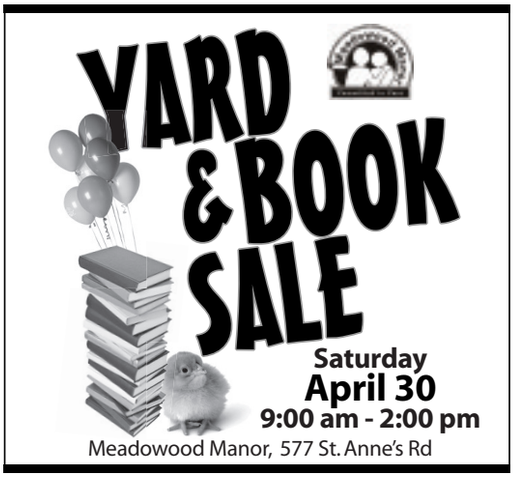
The Conservatives are at 35 per cent support nationally, with the NDP at 30 per cent and the Liberals at 22 per cent.

The results indicate the New Democrats have doubled their support since the campaign began late last month — thanks mainly to huge gains among Quebecers and women voters.

The poll has the NDP with a 20-point lead over the Bloc Québécois and leading the Conservatives by one point among female respondents.

THE CANADIAN PRESS

34 Ontario remains a rare bright spot for the Liberals — there they are supported by 34 per cent of respondents.



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News in brief

Tory volunteer charged after trip to India

BAIL. Conservative campaign volunteer and familiar face at party functions, Snover Dhillon has been charged with violating bail conditions after accompanying a Tory MP to India. He was facing charges related to $11,000 in fraudulent credit and debit card withdrawals in Brampton, Ont.

THE CANADIAN PRESS

Harper talks border security

SOUTH. Stephen Harper is in Niagara Falls, Ont., to promote the Conservatives' plan to buttress border security while fostering trade and economic growth between Canada and the U.S.

"One in five Canadian jobs is linked to trade with the United States," he said. THE CANADIAN PRESS

BOB ANDRES/ATLANTA JOURNAL & CONSTITUTION/THE ASSOCIATED PRESS

▶ Morgan Cantrell gives her nephew, Brayson Hyde, a hug after staying with her family during the storm, in Bartow County, Ga., Thursday.

Tornadoes tear through six southern states

Officials say they received 137 tornado reports into Wednesday night Worst twisters in 40 years

Massive tornadoes tore a town-flattening streak across the southern states, killing at least 280 people in six states and forcing rescuers to carry some survivors out on makeshift stretchers of splintered debris.

Two of Alabama's major cities were among the places devastated by the deadliest twister outbreak in nearly 40 years.

As day broke Thursday, people in hard-hit areas surveyed obliterated homes and debris-strewn streets. Some told of deadly winds whipping through within seconds of weather alert broadcasts during the storms Wednesday afternoon and evening.

"It happened so fast it was unbelievable," said Jerry Stewart, a 63-year-old retired firefighter who was picking through the remains of his son's wrecked home in a suburb of Birmingham. "They said the storm was in Tuscaloosa and it would be here in 15 minutes. And before I knew it, it was here."

THE ASSOCIATED PRESS

Relief plans

Obama will visit storm-ravaged Alabama today to meet with families and the governor to discuss disaster relief efforts.

MOROCCO

Bomb hits tourist café

A massive terrorist bombing tore through a tourist café in the bustling heart of Marrakech's old quarter, killing at least 11 foreigners and three Moroccans in the country's deadliest attack in eight years.

At least 23 people were wounded in the Thursday blast a few minutes before noon in Djemaa el-Fna square, one of the top attractions in a country that depends heavily on tourism, Moroccan Interior Minister Taib Chergaoui said.

Government spokesman Khalid Naciri told the AP it was too soon to lay blame for what he called a terrorist attack, but he noted that Morocco regularly dismantles cells linked to al-Qaida in the Islamic Maghreb and says it has disrupted several plots.

At least eight French citizens were being treated at Marrakech's main Tofail Hospital, along with one Canadian, a British citizen and three Moroccans, emergency room chief Hicham Nejmi said. Others were being treated at a military hospital and clinics.

"There was a huge bang, and lots of smoke went up, there was debris raining down from the sky. Hundreds of people were running in panic, some towards the café, some away from the square. The whole front of the café is blown away," witness Andy Birnie, of north London, told the AP by telephone.

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Canadians like to watch online

Internet video consumption surged by 37 per cent in past six months Netflix likely to boost numbers

Canadians are the world's most voracious consumers of online video, viewing far more videos, for far longer, than web surfers in other countries, the measurement firm comScore reports.

Last month alone, 22.5 million unique Canadian users watched 5.6 billion online videos for 388 million hours of viewing. That averages out to about 251 videos per user and 17.2 hours of viewing.

And those numbers don't account for video streaming through Netflix, which launched in Canada in late September and has amassed 800,000 paying customers.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
– 12.6 (13,880)	+ 0.04¢ (105.26¢ US)
Oil	**Natural gas**
– 34¢ US ($112.42 US)	1,000 cu ft $4.377 US (– 1.0¢ US)
	Gold contracts $1,532 US (+ $14.90 US)

According to comScore's data for March, about 90 per cent of Canadian Internet users watched some online video last month, compared to 81 per cent in the U.K., 83 per cent in France and 84 per cent in Germany and the United States.

Web users aged two through 24 were extremely engaged, with 94 per cent having watched some online video. Users over 65 were less likely to have watched online video but by only a few percentage points, at 86 per cent.

ComScore's Andres Palmiter said Friday's live streaming of the royal wedding could spur more web surfers into becoming regular online video watchers. THE CANADIAN PRESS

Fashion. Forward

▶ Brazilian supermodel Gisele Bundchen works the window — and the crowd — at C&A department store in Sao Paolo, Brazil, to mark the launch of her women's clothing line.

ANDRE PENNER/THE ASSOCIATED PRESS

Now that's a window of opportunity

She's walked the major catwalks of the world. Now Gisele Bundchen is taking a role in the design side of the fashion business after the launch on Thursday of her self-named clothing line. With an income of an estimated $33 million US in 2007, she was named the world's top-earning model by Forbes magazine.

Crack repaired in Trans Mountain line

Crude oil is once again flowing through the Trans Mountain pipeline from Alberta to Burnaby, B.C., and Washington State. The line, which can carry up to 300,000 barrels per day, was shut down because of a crack. THE CANADIAN PRESS

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TELEVISION'S SENSORY OVERLOAD

THE METRO LIST

MIKE BENHAIM
METRO

This week, the 3 Rs: Royalty, religion and reality TV

1 Vocal eyes: I took a slight interest in the debut of The Voice this week. Now I have ignited the curiosity that will dictate my whereabouts every Tuesday night for the rest of the season. Damn you, Christina Aguilera!

2 Sensory overload: So here's my new schedule: Monday night is Dancing With The Stars, but I have to tune in Tuesday for the results, right before watching The Voice. Wednesday is American Idol, which has its results air Thursday. During commercials, I check the NHL and NBA playoffs, but under extreme pressure (from my wife) to return quickly for fear of missing one of Bruno Tonioli's golden metaphors that may or may not pertain to dance. To add to my frustration, Rogers' digital PVR does not allow us to record more than two shows at once, and you have to be watching one of them! I CAN'T TAKE THIS PRESSURE! Thank God it's Friday.

3 NBA playoffs: Hey, remember when Canada had two NBA teams? Well, the Vancouver Grizzlies are now in Memphis (and retained the name Grizzlies, which makes no sense, although they may have a grizzly at the Memphis Zoo). The Grizzlies have surprised everyone by going toe-to-toe with the best team in the west, the San Antonio Spurs. Can we have them back now, please?

4 NHL playoffs: My impression of Habs fans this week: "Oh yeah! ... Yes! ... What? Noo!! Wait ... maybe ... Nope. Go Canucks!"

5 Royal wedding: Earlier this week, I saw a show called A Royal Wedding on TLC, where I watched experts speak for 15 minutes about the makings of the "royal cake" for the upcoming royal nuptials. I then proceeded to the royal biker bar to get someone to royally punch me in the head.

6 Miss Fortune: Lindsay Lohan did some time again last week for the jewelry theft that violated her 2007 probation for drunk driving. She was sentenced to 120 days in jail and 480 hours community service, but was released on bail pending an appeal. Her parents were not present since they had tickets to see Charlie Sheen's Torpedo Of Truth show.

7 "So let it be written": Ask anyone who their favourite Bible hero is and Moses and Jesus come a close second to Charlton Heston. Easter weekend is his "royalties Super Bowl" with repeated broadcasts of The Ten Commandments and The Greatest Story Ever Told. It's hard to resist such profound biblical dialogue.

"... to be stripped of spirit, and hope, and strength, only because they are of another race, another creed ... If there is a God, he did not mean this to be so."

It reminds me of a classic George Carlin routine where he offers clarification of the following commandment:

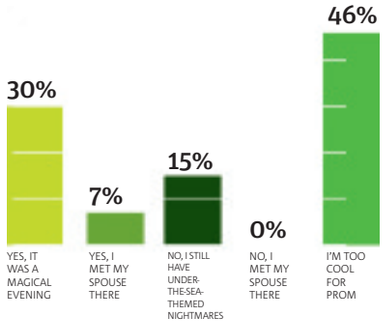
"Thou shalt try real hard not to kill anyone, unless, of course, they pray to a different invisible avenger than the one you pray to."

Good night. I'll be here all weekend.

metro life panel

Register at metrolifepanel.ca and take the quick poll

Disney's Prom premieres Friday. Do you have good memories of your prom night?



Local tweets

- **@crabby-cook99:** You know it's spring in winnipeg when people start askin for spare change 4 slurpees and not coffee
- **@CountBettman:** City of Glendale applying for food stamps to help pay for the Coyotes
- **@johnorlikow:** Thrashers announcement 4:00 pm Friday is what I have been hearing today.
- **@alyssapinski:** Such a beautiful day over in Winnipeg. Wish my pool was ready to use. It currently looks like the home of the creature from the black lagoon
- **@PompousDouche:** I for one care far less for #royal weddings than I do for royal #divorces. (At least this gives me something to look forward to) #winnipeg
- **@power97philly:** I can't imagine there's a more annoying construction zone than St. Anne's northbound at Fermor. Avoid. #winnipeg #traffic
- **@broestls:** I'm kind of curious: Would Winnipeg be as happy to get the Thrashers as they would've been getting the actual Jets franchise back? #NHL

Worth mentioning

ATHENS. The World Health Organization will give Greek Prime Minister George Papandreou a World No Tobacco Day award for passing anti-smoking legislation in Greece — a country where the new smoking ban is largely ignored.

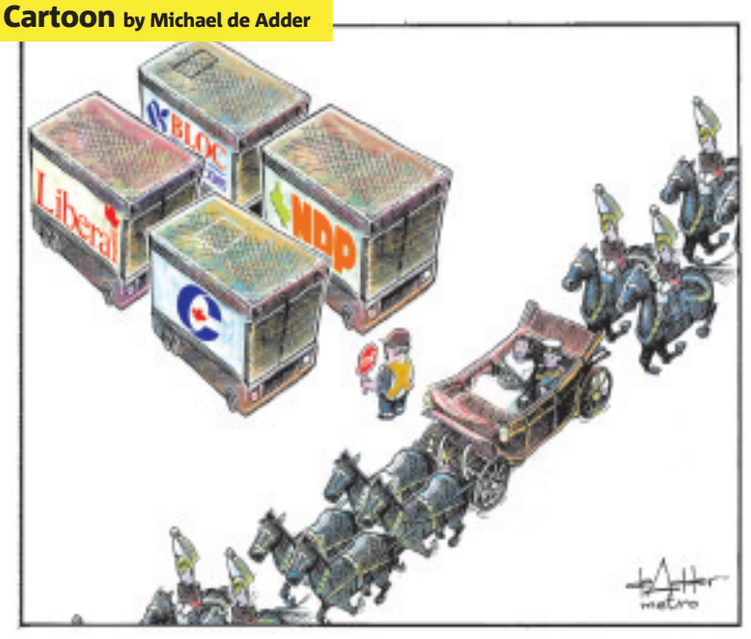
Papandreou's government introduced the ban last September, outlawing smoking in enclosed public areas in the third attempt by Greek authorities to crack down on smoking in recent years.

Those caught violating the new law face fines of between $74 US and $740, while businesses can be fined between $740 and about $14,800.

But the ban is openly flouted, and people light up freely in bars, cafés and restaurants. Even some public offices are not immune in a country where, according to a European Commission survey published in 2009, 42 per cent of people older than the age of 15 smoke.

WHO spokesman Timothy O'Leary said Thursday the award was one of 36 given out each year. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

These thieves are extra slippery

No sticky fingers here. These pilferers probably have slippery digits.

The increase in fuel prices has led to an increase in the number of used fryer grease rustlers roaming restaurant alleys in the United States, Reuters reports.

The grease is cleaned and sold for use as biofuel, livestock feed and other products.

An Omaha recycler has filed theft reports with police in Omaha and Lincoln in Nebraska, and Sioux City, Iowa.

Grease thefts have spiked whenever fuel prices skyrocketed during the last four years and this spring is no different, according to Tom Cook, president of the U.S. National Renderers Association.

Processed fryer oil is not trash. It is called yellow grease and traded. Its value is driven by higher prices of gas and ethanol.

"The price (of yellow grease) is real good right now," Cook said. "And those who steal it are really getting a good deal because they're not paying for it."

METRO

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Richard Crouse and Mark Breslin debate the merits of Prom Teen movie fails to bring anything new, funny or interesting to the big dance

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Richard Crouse: Mark, first of thanks for the corsage. It was perfect for the Prom screening, and how did you know aqua carnations are my favourite? As for the movie itself, I know it is meant for teens and we're somewhat older than the target audience, but really, I think there is a case to be made to bring the filmmakers up on charges of elder abuse for making us sit through this tedious exercise in youth entertainment. What did you think?

Mark Breslin: Richard, I would have hated this movie even when I was a teen. My objection is not that it was for teenagers, but that it was made for stupid and uncritical teenagers. There have been lots of smart, sly high school movies: Heathers, Mean Girls, Jawbreaker, Easy A. This is NOT one of them. Except for the incredible plot twist revealed halfway through the picture, there would be no reason to see it.

RC: Incredible plot twist? I just saw it and have no idea what you mean. This is as "by the book" as it gets. Anyone who doesn't know how this is going to end by the time the opening credits have played has never seen a movie before. Predictable in the extreme, even the stuff this kind of movie usually gets right, like the comic relief, doesn't bring any relief.

MB: The plot twist is this: One of the girls gets accepted to Parsons School of Design for the following semester, but the letter is clearly dated 2015. That means the entire movie is taking place four years into the future, during which time a group of orthodontists from outer space colonize a high school and replace the students with insipid, dweeby versions of themselves, giving them all perfect teeth in the process. Diabolical! Then they turn the males into '80s teen star clones of Ralph Macchio, Keanu Reeves, John Cusack, etc. Diabolical, I say!

RC: Ha! the only truly diabolical thing about this movie is the script, which makes the old Afternoon Specials seem like Chekov. The characters all seem borrowed from The Breakfast Club only without the special touch that John Hughes brought to his movies. The Johnny Depp lookalike almost brings the bad boys thing to life, but the rest of them are straight outta Central Casting.

MB: And I've never seen a bad boy roll over so fast. I don't think a principal can order a student to do extracurricular work. That bad boy shoulda called the ACLU!

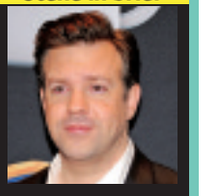
Plot synopsis

▶ Nova Prescott (Aimee Teegarden) is an overachieving senior and head of the prom committee. After spending weeks working on decorations for the big night a mysterious fire reduces her hard work to ash. Will the prom go on? Will school rebel Jesse Richter (Johnny Depp look-a-like Thomas McDonell) actually turn out to be a good guy? Will anyone care by the time the credits roll? Over the course of the extra long running time hearts are broken and mended, tears are spilled, rugs are cut and the true meaning of prom is revealed.

▶ **Ratings:**
Richard: Zero
Mark: 🌐

2 scene

Scene in brief



Jason Sudeikis will host the 20th annual MTV Movie Awards.

The Saturday Night Live cast member will host the June 5 show. The awards will take place at the Gibson Amphitheatre in Universal City, Calif., and air live on MTV.

MTV President Stephen Friedman says in a statement that "smart and funny is the new rock 'n' roll" for the network's audience, and that Sudeikis fits that combination.

The 35-year-old Sudeikis is in his sixth season on NBC's SNL. He co-stars in the upcoming comedy Horrible Bosses.

THE ASSOCIATED PRESS

Farrell celebrates Lollapalooza's 20th anniversary with Eminem, Foo Fighters, Coldplay, Muse

Playing the other woman

Something Borrowed actress jumped at the chance to play someone who's decisions she didn't agree with

NED EHRBAR
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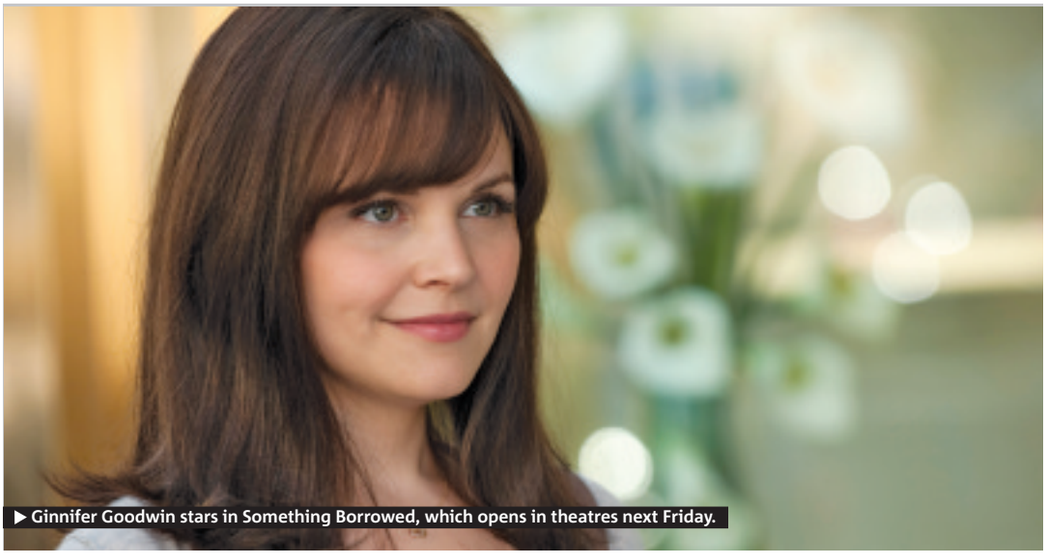
METRO WORLD NEWS IN HOLLYWOOD



▶ Ginnifer Goodwin stars in Something Borrowed, which opens in theatres next Friday.

In taking on the lead role of Rachel in Something Borrowed, actress Ginnifer Goodwin found a whole new challenge: making a character sympathetic when you just want to give her a good slap. In the film, Rachel finally makes a move on the man she's loved for years, despite the fact that he's engaged to her best friend (Kate Hudson). The Big Love star sat down with Metro to talk about playing a difficult character and longing to get back to her Shakespearean roots.

671188

What was the draw for you for this character?
I was actually inspired by the challenge of making her sympathetic because, on paper, I don't agree with any of her decisions. I was inspired by the fact that I judge her so harshly, and I wanted to tackle my fears about playing her. I took the part because I wanted to understand girls like her, women like her.

Did your opinion of her change after playing her?
I feel that I can be more sympathetic, though I may not be able to fully say I empathize with her in any way. Ultimately she just makes so many choices that are off of my own moral compass. On paper she's the antagonist, if you step back.

What advice would you give Rachel if you were her friend?
Oh my gosh. "Grow some balls, lady." I mean, it's a difficult situation for Rachel because she's always looked for her self-worth in the attention that she receives from other people. Ultimately I would say to her — but she's not ready for this at the top of the movie — you know, ask for what you want. The worst thing that can happen is you are rejected and you will move on. In the history of the world, no one has ever died of a broken heart.

You have a lot of Shakespeare in your background. Do you have any plans to do more?
Oh, I'd kill to do anything that anyone would let me do. I mean, Shakespeare is my first love and my introduction, really, to theatre. I would do anything to be back on stage performing Shakespeare plays.

Have you had trouble finding time in your schedule for things like that?
That is a consideration, but also I think it's just being taken seriously by the people who put on those kinds of plays can become difficult when you do a lot of film and television. No matter what my training — and I understand why — I think that there's an inherent sort of snobbery there that I respect.

Movie reviews

See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Fast Five is ridiculous, but exciting

Fast Five
Genre: Action
Director: Justin Lin
Stars: Vin Diesel, Paul Walker, Dwayne Johnson
●●½

In any conventional sense, Fast Five is a bad movie. The dialogue is laughable, the plot ridiculous, and the acting is over-the-top. Yet, those qualities are part of what people love about cheesy action movies — and Fast Five definitely delivers for that audience.

The whole thing is ludicrous, but hilariously so and most importantly it never winks at the camera. This is earnest cheese and all the funnier for it. The series' characters are now inexplicably high stakes professional thieves and the movie reunites them for "one last job" with a perpetually greased up and pissed off The Rock in pursuit for the FBI.

Within seconds a bus is flipped and from that point on barely a minute passes without a scene involving a fast car, a scantily clad lady, a gun, an explosion, a one-liner, or all five. It's all big dumb fun paced for the ADD crowd and would be easy to mock were it not so entertaining. The action defies physics and logic and the script sounds like it was written by a monkey, but every scene is either unintentionally hilarious or genuinely exciting. If you have a taste for high-octane trash, Fast Five offers your drug of choice.

PHIL BROWN

Hoodwinked Too! Hood vs. Evil
Genre: Animation
Director: Mike Disa
Stars: Hayden Panettiere, Glenn Close
●●½

In the fairy-tale spoof Hoodwinked Too!, Little Red Riding Hood (Hayden Panettiere) returns as a covert operative assigned to rescue kidnap victims Hansel and Gretel.

Where the 2004 original suffered from cut-rate animation, the sequel clearly compensates — it's in 3-D even! However, in spite of cheeky, rapid-fire, pop-culture laced dialogue, the story lacks the depth of today's more memorable animated hits

STEVE GOW

THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 29 TO THURS., MAY 5. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

WINNIPEG

Cinema City McGillivray 2190 McGillivray Blvd., 204-269-9981

The Adjustment Bureau (PG) Fri-Thu 1-3:30-6:40-9:30
Battle: Los Angeles (14A) Fri-Thu 1:40-4:15-7-9:40
Beastly (PG) Fri-Thu 2-5-8:10-10:35
Gnomeo and Juliet 3D (G) Fri-Thu 12:30-2:50-5-7:40
The Green Hornet 3D (PG) Fri-Thu 10
Hall Pass (18A) Fri-Thu 1:30-4:20-7:30-10:15
I Am Number Four (PG) Fri-Thu 1:20-4:45-7:45-10:20
Just Go With It (PG) Fri-Thu 12:40-3:50-7:20-9:50
Justin Bieber: Never Say Never - Director's Fan Cut 3D (G) Fri-Thu 1:10-4-6:50-9:25
The King's Speech (PG) Fri-Thu 12:55-3:45-6:25-9
Red Riding Hood (PG) Fri-Thu 1:15-4:40-8-10:30
True Grit (14A) Fri-Thu 12:50-3:40-6:30-9:15
Unknown (14A) Fri-Thu 4:50-7:50-10:25
Yogi Bear (G) Fri-Thu 1:50

Cinema City Northgate 1399 McPhillips Street, 204-334-6234

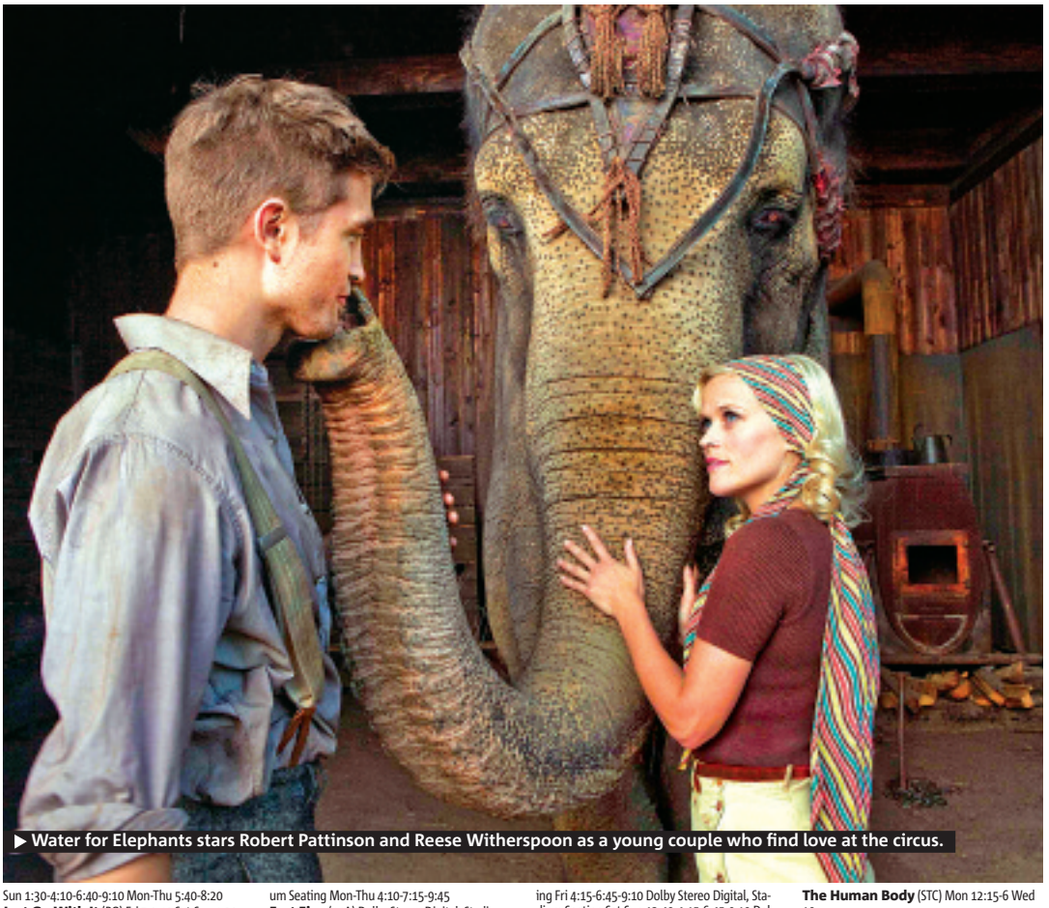
The Adjustment Bureau (PG) Fri 7:30-10 Sat-Sun 1:40-4:20-7:30-10 Mon-Thu 5:10-8
Battle: Los Angeles (14A) Fri 6:50-9:30 Sat-Sun 1:10-4-6:50-9:30 Mon-Thu 4:55-7:50
Beastly (PG) Fri 7:40-9:50 Sat-Sun 1-3:10-5:20-7:40-9:50 Mon-Thu 5:30-7:40
Dharti (PG) Fri 7:10-10:10 Sat-Sun 1:50-4:30-7:10-10:10 Mon-Thu 5:05-8:10
Dum Maaro Dum (14A) Fri 8 Sat-Sun 2-4:50-8 Mon-Thu 4:50-7:45
Gnomeo and Juliet (G) Fri 7:20 Sat-Sun 12:50-3-5:10-7:20 Mon-Thu 5:20
Hall Pass (18A) Fri-Sun 9:20 Mon-Thu 7:30
I Am Number Four (PG) Fri 6:40-9:10 Sat-Sun 1:30-4:10-6:40-9:10 Mon-Thu 5:40-8:20
Just Go With It (PG) Fri 7-9:40 Sat-Sun 1:20-4:10-7-9:40 Mon-Thu 5-7:55

Cinematheque 304-100 Arthur, 204-925-3457

I Shot It on 16: Bolex Film Experiment (STC) Fri 7:30
Nanook of the North (STC) Sat 7:30
No Films Showing Today (STC) Mon-Tue
Orgasm Inc. (STC) Sun 7 Wed-Thu 7

City Cinema - Northgate 1399 McPhillips, 204-334-6234

The Adjustment Bureau (PG) Fri 7:30-10 Sat-Sun 1:40-4:20-7:30-10 Mon-Thu 5:10-8
Battle: Los Angeles (14A) Fri 6:50-9:30 Sat-Sun 1:10-4-6:50-9:30 Mon-Thu 4:55-7:50
Beastly (PG) Fri 7:40-9:50 Sat-Sun 1-3:10-5:20-7:40-9:50 Mon-Thu 5:30-7:40
Dharti (PG) Fri 7:10-10:10 Sat-Sun 1:50-4:30-7:10-10:10 Mon-Thu 5:05-8:10
Dum Maaro Dum (14A) Fri 8 Sat-Sun 2-4:50-8 Mon-Thu 4:50-7:45
Gnomeo and Juliet (G) Fri 7:20 Sat-Sun 12:50-3-5:10-7:20 Mon-Thu 5:20
Hall Pass (18A) Fri-Sun 9:20 Mon-Thu 7:30
I Am Number Four (PG) Fri 6:40-9:10 Sat-Sun 1:30-4:10-6:40-9:10 Mon-Thu 5:40-8:20
Just Go With It (PG) Fri 7-9:40 Sat-Sun 1:20-4:10-7-9:40 Mon-Thu 5-7:55


HANDOUT
▶ Water for Elephants stars Robert Pattinson and Reese Witherspoon as a young couple who find love at the circus.

Famous Players Kildonan Place, 1555 Regent Ave W, 204-663-2166

Fast Five (14A) No Passes Fri-Sun 12:45-3:50-7:10 No Passes Mon-Thu 5:30-8:40
Hanna (14A) Fri-Sun 1:10-4:10-6:40-9:20 Mon-Thu 5:30-8:10
Hop (G) Fri-Sun 1:20-3:40-6:30-8:50 Mon-Thu 5:50-8:05
Rio (G) Fri-Sun 1:40-4:20-7:20-9:35 Mon-Thu 6-8:20
Scream 4 (14A) Fri-Sun 1:30-4:30-7:10-9:50 Mon-Thu 5:40-8:30
Water for Elephants (STC) No Passes Fri-Sun 1-4-6:50-9:40 No Passes Mon-Thu 5:35-8:25

Grant Park 8 Cinemas 1120 Grant Ave., 204-453-4084

African Cats (G) Dolby Stereo Digital, Stadium Seating Fri 4:10-7:15-9:45 Dolby Stereo Digital, Stadium Seating Sat-Sun 1:10-4:10-7:15-9:45 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:10-7:15-9:45
Fast Five (14A) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:30-6:40-9:50 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:30-3:30-6:40-9:50 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 3:30-6:40-9:50
Hanna (14A) Dolby Stereo Digital, Stadium Seating Fri 3:45-7:10-10:05 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50-3:45-7:10-10:05 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:45-7:10-10:05
Hop (G) Dolby Stereo Digital, Stadium Seating Fri 4-7:05-9:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 1-4-7:05-9:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 4-7:05-9:30
Jane Eyre (PG) Dolby Stereo Digital, Stadium Seating Fri 3:40-6:30-9:20 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:20-3:40-6:30-9:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:40-6:30-9:20
The Lincoln Lawyer (14A) Dolby Stereo Digital, Stadium Seating Fri 3:20-7:10 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:25-3:20-7:10 Dolby Stereo Digital, Stadium Seating Mon-Tue 3:20-7:10 Dolby Stereo Digital, Stadium Seating Wed 3:20-10 Dolby Stereo Digital, Stadium Seating Thu 3:20-7:10
Rio 3D (G) Dolby Stereo Digital, Stadium Seating Fri 4:15-6:45-9:10 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40-4:15-6:45-9:10 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:15-6:45-9:10
Thor 3D (PG) Stadium Seating, No Passes Thu 12:01
Water for Elephants (STC) Dolby Stereo Digital, Stadium Seating Fri 3:50-6:50-9:40 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:45-3:50-6:50-9:40 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:50-6:50-9:40

IMAX Theatre at Portage Place, Y003-393 Portage Avenue, 204-956-4629

Amazon (STC) Fri 10 Sun 6
Born to Be Wild 3D (G) Fri 2:30-6-9:30 Sat-Sun 12-5-7 Mon 10-2:30-7 Tue 11:10-12:30-2:30 Wed 12-2-7 Thu 10-2:45-7
Choking Lake Winnipeg (STC) Wed 11
Coral Reef Adventure (STC) Sat 6 Wed 1:30 Thu 11:10-6
Dolphins and Whales 3D: Tribes of the Ocean (G) Fri 11:10 Sat-Sun 1:15 Mon 11:15
Egypt 3D: Secrets of the Mummies (STC) Mon 1:15 Thu 12:10
Hubble 3D (G) Thu 1:30
The Human Body (STC) Mon 12:15-6 Wed 10
Pulse: A Stomp Odyssey (STC) Wed 1-6
Sucker Punch: The IMAX Experience (14A) Fri 7:15 Sat-Sun 2:30-8:15 Mon 8:15 Tue 9 Wed-Thu 8:15

Landmark Globe Cinema 393 Portage Ave, 204-943-1583

Blue Valentine (18A) Fri 7:10-9:45 Sat-Sun 1:10-3:40-7:10-9:45 Mon-Thu 7:10-9:45
Water for Elephants (STC) Fri 7-9:40 Sat-Sun 1-3:30-7-9:40 Mon-Thu 7-9:40
Win Win (14A) Fri 7:15-9:30 Sat-Sun 1:15-3:45-7:15-9:30 Mon-Thu 7:15-9:30

Landmark Towne Cinema 301 Notre Dame Avenue, 204-947-2848

Fast Five (14A) Fri 6:45-9:30 Sat-Sun 12:45-3:30-6:45-9:30 Mon-Thu 6:45-9:30
Hanna (14A) Fri 6:45 Sat-Sun 1:15-3:45-6:45 Mon-Thu 6:45
The High Cost of Living (14A) Fri-Thu 9:15
Hoodwinked Too! Hood vs. Evil (PG) Fri 7:15-9:20 Sat-Sun 1-3:30-7:15-9:20 Mon-Thu 7:15-9:20
Hop (G) Fri 7:15-9:30 Sat-Sun 1-3:30-7:15-9:30 Mon-Thu 7:15-9:30
Insidious (PG) Fri 7-9:15 Sat-Sun 1:30-4:7-9:15 Mon-Thu 7-9:15
Prom (G) Fri 7-9:20 Sat-Sun 1:15-3:45-7-9:20 Mon-Thu 7-9:20
Rio (G) Fri 7-9:15 Sat-Sun 1:30-3:45-7-9:15 Mon-Thu 7-9:15
Scream 4 (14A) Fri 7-9:30 Sat-Sun 1:15-4-7-9:30 Mon-Thu 7-9:30

SilverCity Polo Park 815 St. James Street, 204-774-1001

African Cats (G) Fri-Tue 12:20-3-6:50-9:15 Wed 4-6:50-9:15 Thu 12:20-3-6:50-9:15 Star & Strollers Screening Wed 1
Arthur (PG) Fri 12:15-3:15-6:45-9:30 Sat 3:40-6:45-9:30 Sun 12:15-3:15-10:45 Mon-Tue 12:15-3:15-6:45-9:30 Wed 3:45-10 Thu 12:15-3:15-6:45-9:30 Star & Strollers Screening Wed 1
Fast Five (14A) No Passes Fri-Thu 12:05-12:30-3:10-3:40-6:30-7-9:45-10:15 No Passes Fri-Thu 1-4:10-7:30-10:45
Hoodwinked Too! Hood vs. Evil 3D (PG) Fri-Thu 12:10-2:30-5-7:40-10:10
Hop (G) Fri-Tue 12:40-3:20-6:20 Wed 12:40-3:20 Thu 12:40-3:20-6:20
Insidious (PG) Fri-Thu 1:15-4:15-7:15-10
Memphis (PG) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 12
Prom (G) No Passes Fri-Thu 1:40-4:40-7:50-10:40
Rio 3D (G) Fri-Wed 12:50-3:30-6:40-9:20 Thu 12:50-3:30-6:40-9:10
Scream 4 (14A) Fri-Thu 1:30-4:30-7:45-10:35
Soul Surfer (PG) Fri-Tue 1:10-3:50-7:10-9:50 Wed 1:10-3:50-6:20-10:10 Thu 1:10-3:50-7:10-9:50
Source Code (PG) Fri-Thu 1:50-4:50-8-10:30
Thor (PG) No Passes Thu 12:01
Water for Elephants (STC) No Passes Fri-Thu 1:20-4:20-7:20-10:20
WWE Extreme Rules - 2011 (STC) Sun 7
Your Highness (18A) Fri-Thu 9

SilverCity St. Vital 110-1225 St Mary's Rd, 204-256-3901

African Cats (G) No Passes Fri-Sun 11:50-2:20-4:50-7:20-9:50 No Passes Mon-Thu 4:50-7:20-9:50 Star & Strollers Screening, No Passes Mon 1
Arthur (PG) Fri 1:10-4:10-6:50-9:40 Sat 4:10-6:50-9:40 Sun-Mon 1:10-4:10-6:50-9:40 Tue-Thu 4:10-6:50-9:40
Hanna (14A) Fri-Mon 12:30-3:40-6:30-9:20 Tue-Thu 3:40-6:30-9:20
Hop (G) Fri-Mon 12-2:30-5-7:40-10:10 Tue-Thu 5-7:40-10:10
Insidious (PG) Fri-Mon 1:20-4:20-7:10-10:30 Tue-Thu 4:20-7:10-10:30
Limitless (14A) Fri-Mon 1:30-4:30-7:50-10:40 Tue-Thu 4:30-7:50-10:40
The Metropolitan Opera: Capriccio (STC) Sat 12
Rio (G) No Passes Fri-Mon 12:40-3:30-6:20 No Passes Tue-Thu 3:30-6:20
Rio 3D (G) No Passes Fri-Mon 11:45-2:10-4:40-7:30-10:20 No Passes Tue-Thu 4:40-7:30-10:20
Scream 4 (14A) Fri-Mon 12:50-3:50-6:40-9:30 Tue-Thu 3:50-6:40-9:30
Source Code (PG) Fri-Thu 9:10
Water for Elephants (STC) No Passes Fri-Sun 1-4-7-10 No Passes Mon-Thu 4-7-10 Star & Strollers Screening, No Passes Mon 1

FAST FIVE
IN THEATRES AND IMAX
UNIVERSAL PICTURES PRESENTS AN ORIGINAL FILM/ONE RACE FILMS PRODUCTION A JUSTIN LIN FILM VIN DIESEL PAUL WALKER "FAST FIVE" JORDANA BREWSTER TYRESE GIBSON CHRIS 'LUDACRIS' BRIDGES MATT SCHULZE SUNG KANG
ORIGINAL FILM SOUNDTRACK ON ABKCO RECORDS AND DWAYNE JOHNSON MUSIC BY BRIAN TYLER BASED ON CHARACTERS CREATED BY GARY SCOTT THOMPSON PRODUCED BY NEAL H. MORITZ VIN DIESEL MICHAEL FOTTRELL WRITTEN BY CHRIS MORGAN DIRECTED BY JUSTIN LIN A UNIVERSAL PICTURE
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14A NOT RECOMMENDED FOR CHILDREN, VIOLENCE

Lindsay Lohan: Acting teacher

Will teach homeless women as part of her court-ordered community service

ALL PHOTOS GETTY IMAGES FILE

Lindsay Lohan

Lindsay Lohan may end up spending much of her 360 hours of community service teaching acting to homeless women, according to TMZ. The troubled starlet is set to work at L.A.'s Downtown Women's Center, which also happens to run a theatre workshop.

A spokesperson for the centre said the staff were "extremely interested in having Lindsay contribute her talents."

And according to sources, Lohan herself is up for the idea, believing the workshop would be "a perfect fit for her community service." METRO

YOU COULD WIN 3 NIGHTS IN LONDON FOR TWO PEOPLE!

YOU COULD BE AN ASSISTANT TO

LADY GAGA

Lady Gaga will be Metro's special Global Editor in Chief on May 17th.
We are now looking for an assistant to fly to London, England and work with her to create this special Metro Edition!
Go to ladygagametro.com and let us know "why you were born this way".

LADYGAGAMETRO.COM

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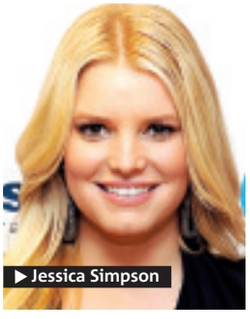
There are things that only the world's largest global newspaper can do.
Metro is read by 17 million people every day, in over 100 cities across 4 continents.

Jessica sets the wedding date

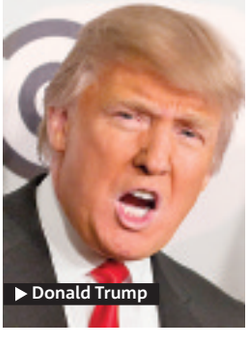

Jessica Simpson

Jessica Simpson may not be able to decide on a dress for her upcoming wedding, but at least she knows when the big day is, which she accidentally revealed during an interview with Us Weekly.

"I'm still trying to figure out what to wear! I don't know if I want the big boom, or the curvy thing, but it will be something beautiful," Simpson says. "I kind of have a couple ideas in my head, and I have a date; I'm really excited!"

The singer is also trying to not worry too much about getting into shape for the wedding: "No exercise is fun! I am going to dance around my bedroom and hopefully lose some weight." METRO

Has Donald trumped himself?


Donald Trump

Donald Trump may be proud of himself for being a vocal part of getting Barack Obama to produce his birth certificate, but the stunt may actually be bad for the Apprentice boss.

"Attacking stars like Rosie O'Donnell or Martha Stewart is one thing, but to go after the president is taking Donald down a path that's going to do long term damage to his brand," a TV insider tells Popeater. "For a guy with a show on NBC in prime time that needs celebrities to sign up in order for it to be a success, this is potential suicide." METRO

Celebrity tweets

"Have found Donald Trump's birth certificate. He was born in Hawaii, but before it was a state. This is getting complicated."
@SteveMartinToGo

"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."
@ricky_martin

"I just saw the guest list and the Royal Wedding will be jam-packed with European nobility. It has more blue blood than a Smurf disaster film"
@Joan_Rivers

"Being a woman is like being in the slowest horror movie ever"
@SilverKSilverman

Not such a great idea

ROMANTIC. Justin Timberlake doesn't believe the idea that's the basis for his next movie, Friends with Benefits, is such a smart one. "It's a really good idea until it becomes a bad idea. It probably becomes a bad idea really fast," Timberlake tells Ellen DeGeneres during a visit to her talk show. "I think that everybody could probably agree with us when we say that if you're going to be intimate with someone at some point somebody's going to feel something." METRO

A toast to the future king and queen

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

Remembering how stressful my wedding planning was, I can't imagine what it's like organizing the wedding of the century.

While you'd think it would have been enough to drive Wills and Kate to drink, rumour has it "official" festivities are going to be lower alcohol affairs.

I'm not sure if they were concerned about some Harry-led shenanigans or if guests holding pints of ale at their reception wouldn't appear royal enough.

Though my sources at the family-owned champagne house Pol Roger would neither confirm nor deny their participation, word has it that the Pol Roger Réserve Non-Vintage ($55.95 - $62.99) will be the exclusive bubbly.

Floral, lightly nutty and sophisticatedly citrusy the chocie of Pol Roger makes sense because it was Winston Churchill's tipple of choice. Prince William seems to get his sense of the future by reflecting on the past and Pol Roger is a perfect fit. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Eat like the royals

Wondering what Will and Kate will eat on their first day as husband and wife? Bubble and Squeak, and Scones are some British favourites

BOTH PHOTOS: THE ASSOCIATED PRESS/ MATTHEW MEAD

Bubble and Squeak, and Scones are two traditional British foods.

Traditionally, British cuisine means unfussy dishes made with local ingredients and simple sauces. Although it's recently expanded its reaches, some traditions still stand — like Bubble and Squeak for breakfast or afternoon tea and scones.

Bubble and Squeak

Named for the sound it makes while it's cooking, Bubble and Squeak is a breakfast hash of sorts designed to use leftovers from the previous nights' boiled dinners.

If you don't have leftover veggies, simply boil them until tender.

Ingredients:

- 1 lb (500 g) ground sausage meat
- 1 onion, chopped
- 3 baking potatoes, peeled, cooked and mashed
- 1 cup (250 mL) shredded, cooked cabbage
- 1/2 cup (125 mL) chopped cooked carrots
- Salt and pepper

Preparation:

1. In non-stick skillet cook sausage over medium-high heat for 6 to 8 minutes or until well browned. Using slotted spoon, remove meat from pan and reserve.
2. Add onion to skillet and cook 6 or until translucent and beginning to brown. Add potatoes, cabbage and carrots, and reserved sausage meat. Mix and cook 15 minutes or until well browned, scraping the bottom of the pan occasionally and flipping the mixture over. Season with salt and pepper.

Fruit and Chocolate Scones

Classic to afternoon teas, scones are commonly baked plain or studded with currants, then accompanied with jam and clotted cream, a thick, creamy spread. You can make your version with any dried fruit, such as blueberries, or apricots. You also can add chocolate chips.

Preparation:

1. In large bowl, whisk together flour, sugar, baking powder and salt. Add melted butter and stir until well distributed. Add cream, sour cream and vanilla. Mix until almost combined, then add fruit and nuts and mix until just combined.
2. Turn dough out onto a floured surface. Pat dough into a circle about 3/4 inch (2 cm)) thick and 10 inches (25 cm) round. Cut into 8 wedges and transfer to parchment paper lined baking sheet. Refrigerate until well chilled.
3. Sprinkle tops of the scones with the coarse sugar, if using. Bake in 400 F (200 C) oven for 20 to 25 minutes. Let cool before serving. **THE ASSOCIATED PRESS/ RECIPES BY ALISON LADMAN**

Ingredients:

- 2 3/4 cups (675 mL) all-purpose flour
- 1/3 cup (75 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 1/4 tsp (1 mL) salt
- 10 tbsp (150 mL) butter, melted
- 1 cup (250 mL) 35% whipping cream
- 1/4 cup (60 mL) sour cream
- 1 tsp (5 mL) vanilla extract
- 1 1/2 cups (375 mL dried fruit, nuts and/or chocolate chips
- Coarse sugar (optional)

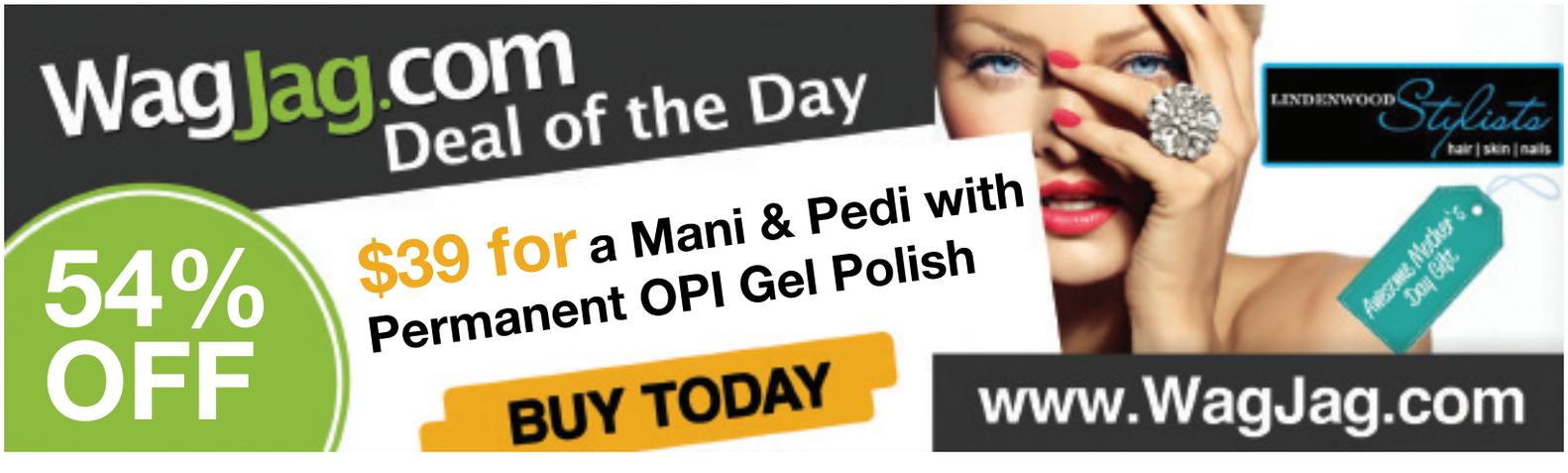
3 life

Portion Control

Here are some tips to ensure you are eating proper portion sizes.

- Eat smaller meals throughout the day.
- Stay away from high glycaemic foods like sugar. They leave you wanting more.
- When eating out, cut the plate of food in half. Eat half, take the rest to go. **NEWS CANADA**

Take small nibbles when biting into healthier habits.



4 sports

Sports in brief

1 The Carolina Panthers selected Auburn quarterback Cam Newton with the No. 1 pick in the NFL draft.

2 The Toronto Blue Jays sent outfielder Travis Snider to triple-A Las Vegas.

3 MLB is looking into rules White Sox manager Ozzie Guillen may have violated in using Twitter to make derogatory comments about an umpire.

THE ASSOCIATED PRESS

The road to glory

A look at what teams will need to do to get past the second round of the NHL playoffs

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Nashville's Mike Fisher tumbles over Vancouver's Dan Hamhuis Thursday as the second round of playoffs gets underway. For game results, visit metronews.ca.

NO. 1 CAPITALS VERSUS NO. 5 BOLTS

GAME 1: Friday, 6 p.m., TSN
SEASON SERIES: Capitals 4-1-1

CAPITALS WIN IF ...

... they continue their adherence to a decent defensive game. They allowed just eight goals against while taking out the Rangers in five games in the first round.

... Alexander Ovechkin continues to light it up offensively. He had six points, including three goals, in those five games against New York.

LIGHTNING WIN IF ...

... goaltender Dwayne Roloson, 41, continues to defy logic with his youthful acrobatics. He allowed just four goals in Tampa's final three wins over Pittsburgh.

NO. 2. FLYERS VERSUS NO. 3 BRUINS

GAME 1: Saturday, 2 p.m., CBC
SEASON SERIES: Bruins 3-0-1

FLYERS WIN IF ...

... they can settle on one of their three rotating goalies — likely Brian Boucher to start — and he can be adequate enough to hold the spot.

... Chris Pronger, who had surgery in mid-March to fix a broken hand, heals to the point where he can be more than just a presence.

BRUINS WIN IF ...

... they channel their residual frustration from last spring when the Flyers embarrassed them, rallying from three games down to win their second-round playoff series.

NO. 1 CANUCKS VERSUS NO. 5 PREDS

GAME 2: Saturday, 8 p.m., CBC
SEASON SERIES: Tied, two wins each

CANUCKS WIN IF ...

... Roberto Luongo shows he can confidently stop pucks in the post-season.

... Ryan Kesler shows more offensively. He had zero goals against the Blackhawks in seven games.

PREDATORS WIN IF ...

... they get to Luongo. Nashville's offence isn't as skilled as Chicago's but its hard work will produce enough chances to challenge the Canucks netminder.

NO. 2 SHARKS VERSUS NO. 3 RED WINGS

GAME 1: Friday, 9 p.m., TSN
SEASON SERIES: Sharks 3-1-0

SHARKS WIN IF ...

... Dan Boyle can keep up the pace of playing 27 minutes a game.

... their explosive power play can take advantage of Wings' mediocre penalty killing.

... Goalie Antii Niemi gets back on track. He was pulled twice in the first round and posted a head-shaking .863 save percentage and 3.99 goals-against average.

RED WINGS WIN IF ...

... they take full advantage of a lengthy break with old guys rested and healed without getting rusty.

... Pavel Datsyuk and Henrik Zetterberg play like Datsyuk and Zetterberg.

... Jimmy Howard continues strong play in net.

TORSTAR NEWS SERVICE

Chan smashes records en route to world title

MISHA JAPARIDZE/THE ASSOCIATED PRESS

▶ Patrick Chan celebrates on Thursday.

Canada's Patrick Chan has claimed his first world figure skating title and rewritten the sport's record book in the process.

The 20-year-old from Toronto swept all three world records, scoring 187.96 points for his long program for 280.98 points overall. Those marks came a day after he topped the previous world mark for the short program that gave him a virtually insurmountable lead.

Skating to music from Andrew Lloyd Webber's Phantom of the Opera, Chan landed two quadruple jumps in the opening minutes, and then was nearly flawless the rest of the way.

Takahiko Kozuka of Japan scored 258.41 to take the silver, while 17-year-old crowd favourite Artur Gachinski of Russia won the bronze with 241.86.

Japan's Daisuke Takahashi held the previous world records for overall score (264.41) and long program (175.84), set at the 2008 Four Continents championships.

THE CANADIAN PRESS

Sports in brief

Rays' Zobrist sets RBI record

MLB. Ben Zobrist set a Tampa Bay record with eight RBIs, on a home run and two doubles Thursday as the Rays routed the Minnesota Twins 15-3. He went 4-for-6 and scored twice. THE ASSOCIATED PRESS

Will Shaq be back vs. Heat?

NBA. Boston coach Doc Rivers said Shaquille O'Neal will "hopefully" join the team Friday for its final workout before Game 1 against the Miami Heat Sunday. He has played only five minutes 29 seconds since Feb. 1 due to right calf and Achilles tendon problems. THE ASSOCIATED PRESS

Daniel Sedin up for Hart

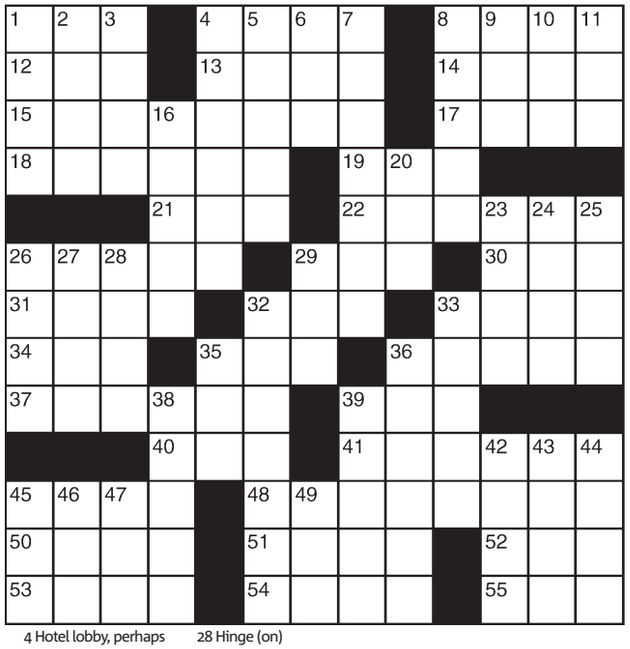
NHL. Vancouver Canucks left-winger Daniel Sedin will go for an unprecedented family double at the NHL awards banquet June 22.

He's up for the Hart Trophy along with right-winger Corey Perry of the Anaheim Ducks and Tampa Bay Lightning right-winger Martin St. Louis.

Sedin's twin brother and linemate Henrik Sedin won the MVP award last season. They could become the first brother tandem to win the Hart in consecutive years.

THE CANADIAN PRESS

Crossword



Across

1 "Six-pack" muscles
4 Somewhere out there
8 Snare
12 A Gershwin brother
13 Albacore, e.g.
14 Apiece
15 Reverie
17 Tool storage structure
18 Bombard
19 Fore's opposite
21 Greek consonants
22 Masseuse's workplace
26 Seraglio group
29 April payment
30 Joan of —
31 Enrages
32 X rating?
33 Fedora feature
34 Conger or moray
35 Crafty one
36 High-quality
37 Fluorescent trademark
39 "Eureka!"
40 "— Town"
41 Operatic voices
45 Kill bills
48 9-to-5
50 A long time
51 Massachusetts motto starter
52 Caesar's "I love"
53 Protuberance
54 Colonial sewer
55 Kitten's comment

Down

1 Verdi opera
2 Lingerie buys
3 Puts into words
4 Hotel lobby, perhaps
5 Gas, oil, etc.
6 Literary collection
7 Fast time
8 Irritable
9 "Go, team!"
10 Dogfight participant
11 Advanced deg.
16 Hamlet's countrymen
20 Transmit, in a way
23 Ganges attire
24 Prudish
25 Wile E.'s supplier
26 Wasted no time
27 Neighborhood
28 Hinge (on)
29 Cowboy nickname
32 As specified
33 Impudent
35 Winter ailment
36 Aspects
38 Gaggle member
39 Bottomless pit
42 Thailand, once
43 "All —"
44 Pack cargo
45 Vehicle with sliding doors
46 Id counterpart
47 Nugent of rock
49 "I'll take that as —"

▶ Yesterday's answer

F	I	N	D			D	E	B	S		C	I	S
A	R	E	A			A	M	A	H		A	C	E
C	A	R	N	I	V	O	R	E			R	O	T
E	N	D	U	R	E			M	A	N	N	A	
				B	E		M	A	P	L	E		
L	A	C	E			S	A	X			A	G	E	D
A	M	A				U	K	E				I	V	E
Y	O	R	K			R	E	D			B	E	E	F
			N	A	D	E	R		P	O				
M	A	I	N	E				K	E	T	T	L	E
A	T	V			C	A	R	N	A	T	I	O	N
I	N	A			K	A	Y	O			L	E	A	D
L	O	L			S	H	A	W			E	R	N	S

Sudoku

1								4
5			2		9			8
		9	6	1	7	3		
	2		4		3		8	
	4						3	
	5		9		6		7	
		4	3	8	1	6		
7			5		2			3
8								9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Daddio,
I owe a heck of a lot of my success to your constant encouragement. Someday I'll write that book and make you your millions, promise. Thanks for putting up with me in the meantime. Happy birthday! **LOVE, BIZBOO**

Max, just wanted to send you a note to say that I love you so much, and so much more than love you. Happy anniversary handsome. **LOVE G**

Dear honey bunny,
I know that you always do sudoku and other stuff in Metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3 **FROM YOUR OTHER HALF**

Nadia-muffin *points to eye *points to heart *points to you Happy 11 months baby **YOUR BUBBIE**

A look at the weather

BT BREAKFAST TELEVISION

TODAY	SATURDAY	SUNDAY
Min 8° Max 19°	Min 5° Max 12°	Min -4° Max 9°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

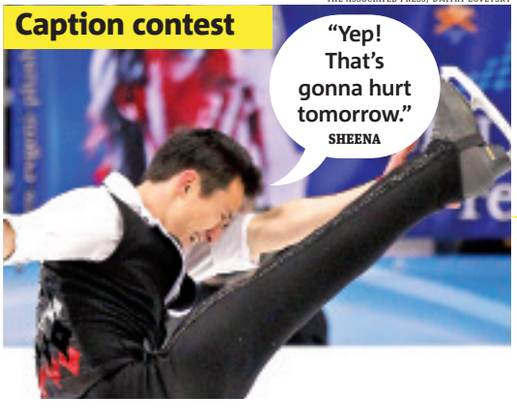
Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

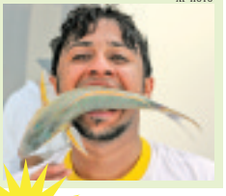
♈ Aries March 21-April 20 Resist the urge to start a fight today. There's no point.
♉ Taurus April 21-May 21 You are bullish right now, but keep a sense of perspective about what is and is not possible.
♊ Gemini May 22-June 21 An issue you thought was done will return. Now, you must deal with it once and for all.
♋ Cancer June 22-July 22 No matter what losses you have suffered of late, your attitude is still positive. You're learning.
♌ Leo July 23-Aug.23 Don't go against the rules today. You might get noticed by people whose gaze is best avoided!
♍ Virgo Aug. 24- Sept. 22 Don't take good luck for granted because it could disappear.
♎ Libra Sept. 23-Oct. 23 What looks like bad news early in the day will turn out to be good news later in the day.
♏ Scorpio Oct. 24-Nov. 22 A partnership issue will come to ahead. It will be resolved so so don't call it quits just yet.
♐ Sagittarius Nov. 23-Dec. 21 If you worry less, you may actually do better financially.
♑ Capricorn Dec. 22-Jan. 20 If something didn't work out as planned, it doesn't mean you're on the wrong track.
♒ Aquarius Jan. 21-Feb. 18 If little things annoy you, maybe you need to slow down and focus on what matters.
♓ Pisces Feb. 19-March 20. If there are aspects of your life that you don't like, change them today. **SALLY BROMPTON**

Caption contest

THE ASSOCIATED PRESS/ DMITRY LOVETSKY



AP HOTO



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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*One Bonus to a client, please, per event. While supplies last. Gift with purchase offer valid April 29-May 17, 2011. Also available online at Sears.ca. **Before taxes. †Value based on Sears reg. price per mL/g.

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